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A Noise That Annoys

By MARCIA E. TURNER

A FULL grown sneeze, echoing like a battle horn from somewhere in the distance, disturbed the early morning hush along our street. Then another, and another. Finally the perpetrator strolled into

view, a block down the street, innocently unaware that he was the center of anyone's interest, or worse, the object of anyone's homicidal intent. One of the occupants of the front porch, starting slightly as each blast rent the air, now stiffened tensely and regarded the approaching offender as one would study an obnoxious insect. "I hate animal noises," she commented pointedly. "Loud yawns and sniffs—but

sneezes are the worst. I can stand hearing people cough, because it seems necessary, but sneezing aloud is simply uncalled for.

"There!" she exclaimed, "there he goes again! Now he wouldn't do that in church, would he? No, he'd sneeze as quietly as possible into his handkerchief.

"He knows enough, you see, to use his handkerchief," she continued. "He's probably a perfect crank about disease germs. But what about the effect of noise on people's nerves, I'd like to know?"

Whereupon we all began to recite our pet aversions in the matter of preventable noises. For it turned out that in most cases, the annoyance was seemingly caused, not by the noise itself, but by the very futility of it. For example, a sneeze heard a block away could hardly be described as deafening. On the other hand, as an accomplishment, it seems to lack any particular mission for either utility or diversion, and its classification as an "animal noise" places it certainly in that outcast family of things that "aren't done".

In the same category, who knows how great a factor the squeaking hinges or rocker may be in the great American divorce problem? Or tuneless whistling or the idle, rhythmic drumming of fingers, before which the sturdiest of affection, like the walls of Jericho, must finally fall?

The gentle hum of vacuum cleaner

or lawn mower at midday conjures up pleasant visions of orderly and restful living. Heard at five o'clock in the morning, it assumes the proportions of a mad roar, beating upon one's sensibilities and bringing forth in response that regrettable instinct of tooth and claw. Once some friends of mine at a mountain resort occupied a cabin next door to a young divinity student. In the early morning hours, looking unto the hills, he was accustomed to wake the echoes and his neighbors with lusty paeans announcing his perfectly laudable intention of being present when the roll should be called up yonder. Far from striking responsive chords of praise, however, as might have been a few hours later, his efforts produced only dark desires to place him in immediate touch with the longed for roll call. The trouble was that he, like the daily dozen manipulator of the lawn mower, was totally unaware that he was only one among those present.

The apartment house dweller with a nocturnal complex for moving the furniture may be otherwise an entirely worthy citizen, but somewhere in the process of his education he has failed to acquire a certain awareness of other humans. It may be, if he thinks about it at all, he argues that people with nerves ought not to be living in apartment houses. Personally it is my staunch conviction that only the person who does have so-called "nerves" should live in close communion with other people. That is, the person with that gift of "awareness" that makes him understandingly conscious of the prerogatives of his neighbors and with a kind of sensibility that warns him when he is himself out of step.

Deliver us from the cushiony person who never feels a pin prick until it becomes a wounding thrust, especially if your mantle of civilization is so enveloping that you are averse to sticking pins into people! Outside my office door, two janitors leaned on their brooms and discussed affairs of state. Gently I opened the door and mildly I protested that I was unwittingly an eavesdropper, to every smallest word they spoke. They regarded me kindly and expansively assured me that never word of theirs should intentionally be withheld from my ears. "That's all right, lady," they beamed "you go right ahead and listen." Weakly I closed the door and—perforce—listened!

Banging things about is surely the result of that hateful malady with which we Americans are afflicted. Noise and leisureliness were never on speaking terms. Take the matter of sitting through a church service. Custom bids us enter quietly and remain quiet from first to last because, regardless of one's personal motive for going to church, there are those who

accept the hour as a blessed opportunity to escape from the cares of this world and to "be still and know" for a season. But alas, the "world" too often follows them right along! It manifests itself, in disturbing the worshipful calm preceding the service by the turning of heads, the fluttering of hymn book leaves and, worst of all, by audible whispers and giggles. Perhaps the matter is even more serious than that of "bad form" in a sacred edifice or of discourtesy to one's neighbors, in a public gathering. Is not such an atmosphere of unrest indicative of our modern inability to relax and to relinquish the noise and haste that fill our days? For again, if fidgeting does finally give place to peace, how often does drowsiness follow close behind? Or having sat with composure and listened with a good conscience and with whatever measure of thoughtfulness, we are brought back by the final hymn to the world and the flesh—and pop-slap-bang go the hymnals into the racks, for, "rar'in' to go" we would run no risk of losing time by replacing them after the benediction.

A part of the charm of that composite something we call "poise" is the restful unobtrusiveness of it. Fortunately, poise is not a gift which only a chosen few may enjoy. Anyone may acquire it if he keeps his eyes open for the many forms in which it delights to appear. But, first of all, before he can acquire true poise, he must forever relinquish any tendency to herald his own approach with bugle or cannon. The world is so full of people, all very much alike that no amount of being physically evident can make one essentially different from all the rest, and, strangely enough, there is something in human nature that resents non-performance. Conscious of a ready-made audience in a public conveyance or gathering I may preen my feathers or warble my most cherished strain, and it makes an impression, but not the kind I looked for. Then may I learn that the art of being inconspicuous is a part of the wisdom to be desired far above rubies.

Your speaking voice may produce either noise or harmony. Moreover, by your voice they shall know you. "I don't care how lovely to look at or how attractively dressed a girl may be," said a clever student of human nature once. "Let her open her mouth and speak, and I can tell you at once on which shelf she belongs."

Listen to the voice around you, and as often as possible take stock of your own. Does it run like a shallow stream, or perhaps become tangled in your nose? Or does it have the rich cadence of deeper waters? Fortunately, you can, under normal conditions, control and refine your own voice and

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you are thinking about it. Let's make Iowa Association news so interesting that more people will subscribe for the Journal just to read it!

Friends, this is your page, devoted to the interests of your State Association, whether you happen to be homemaker, teacher, member of a profession allied to homemaking or student club member. Isn't there some subject you would like to have discussed on the Association page? Do you have suggestions for making the page more worth while for all of us? Then sit down and write the editor of the page about it, won't you, before you forget it again.

The New Home Economics Pins

This announcement has been received from our national office:

"American Home Economics Association and Student Club Pins, which the committee on seal and pin was authorized to provide, may now be purchased from the executive secretary, Miss Alice Edwards, 617 Mills Building, Washington, D. C. The same design is used on both—the Betty lamp in a circular borders similar to that used on the cover of the Journal. The pin for Association members is rolled gold with the words 'American Home Economics Association' in a band of dark blue enamel and sells for \$1.50. The one intended for the use of student clubs is in bronze with the lamp and lettering in good relief and sells for seventy-five cents."

Only members of Student Clubs affiliated with the American Home Economics Association and their advisors are entitled to wear the Student Club Pin.

Initials can be engraved on the back of the pin at an additional cost of five cents per letter. Two weeks will be required to fill orders where initials are to be engraved.

Are You Making a Success of Your Job?

"The greatest success usually comes from following your natural bent", writes H. Adele Howe, head of Employers and Executives Exchange of Boston, in an article, "Finding Your Right Work in the Adult World" in The Christian Science Monitor. "You will accomplish the most for the common good and achieve the greatest happiness for yourself. You have been given talents to improve. Study yourself till you discover what they are. There is a right place for you. Study occupations till you find it. Determine your goal and see that you have the incentive to make you work for it."

"Then if you are governed by right motives nothing can prevent your success."

DEAN INGE:

"Gratitude is just as much a virtue which we are bound to practice as honesty or kindness."

Begging Your Pardon

The "Installation Service For Student Clubs" published on this page in the November issue should have been credited to Miss Hazel McKibben of the Home Economics Education Department, Iowa State College, who wrote and used it in her student club while she was teaching in Oskaloosa High School. The service as presented by a group of Oskaloosa high school girls at the State meeting was under Miss McKibben's direction.

Acid Milk in Infant Feeding

(Continued from page 1)

Twenty-five babies were given milk containing lemon juice and in no instance did a change from nonacidified milk lead to a refusal of the food or to digestive disturbances.

Many were fed milk mixtures containing lemon or orange juice for periods of 3 to 6 months without the occurrence of any signs or symptoms making it advisable to change the formula.

Faber preferred the addition of HCl acid to cow's milk because it is "the physiological acid and more suitable for enzyme action." There are, however, several disadvantages. It has a sour taste and a heavy flocculation of casein causes refusal by some infants. In 30 cases that he fed on HCl acid milk, he found that there was an increased tolerance to fat, and that the diarrhea cleared up rapidly.

He worked out two principles: 50 c.c. of 0.1 normal HCl acid to 100 c.c. of milk was rather sour and was often refused. He found that 25 c.c. of 0.1 normal HCl acid to 100 c.c. of milk gave satisfactory results.

Faber says that the transition to unsoured milk is more accurately accomplished with HCl acid soured milk, since the amount of HCl acid may be reduced slowly, and rapid reduction is not successful.

The advantages of vinegar milk in preference to other acid milk are that it is cheap, one cent per pint above the cost of milk, it is easily available and is a safe article for the kitchen. The milk is sterilized by boiling; vinegar, of 5 to 6 percent acetic acid, is added in the proportion of 1 to 15; Karo corn syrup in a 50 percent solution is added in proportion of one ounce to one pint of vinegar milk. The resulting acidity falls within the range of optimum digestion. The clinical results on 40 infants fed on this formula were said to be excellent.

SUMMARY

1. Acid added to cow's milk decreases the buffer action of the milk.
2. Acid increases gastric activity, thereby bringing gastric activity within the range of peptic digestion.
3. Types of acid milk used—and clinical results:
 - a. HCl acid milk to date is the least popular.
 - b. Vinegar and lemon juice milk

both produce good results, but have not been extensively used.

- c. Lemon juice milk has the advantage of containing antiscorbutic vitamin.
 - d. Lactic acid milk is preferred because its use is well established by successful clinical results over many years. It is readily prepared, cheap and can be tolerated by infants for a long period of time.
4. Presence of acid permits toleration of a liberal supply of fat.
 5. Lactic acid milk is an excellent substitute for breast milk in infant feeding, since it is more easily digested by many infants than is sweet milk.
 6. Infants on acid milk formula rarely develop diarrhea or vomiting.

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A Noise that Annoys

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speech. Talking too loudly and too fast is further indication of our modern tendency to speed up and arrive with bells on.

Less noise and rattle and jar—more quiet and calm and the listening ear which separates peace from tumult! To so live and move that one may add not one drum's beat to the clamor and unrest about him. To so walk that he may serve instead in calming stormy waters. No richer gift could one ask!

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